

DIFFERENT WAYS WITH VEGETABLES



about DIFFERENT WAYS WITH VEGETABLES . . .

The recipes in this set give new and delightful ways of serving the every-day vegetables which are available throughout the year, as well as delicious ways with favorite seasonal vegetables.

Ellen Sinclair

Ellen Sinclair, Food Editor
Australian Women's Weekly

Vitamin-packed fresh vegetables are an important part of our daily diet. Here are lots of interesting recipes to present every-day vegetables in tempting, new ways.



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HOW TO COOK VEGETABLES

To cover or not to cover vegetables when cooking them on top of the stove is a question often debated. And, as with most forms of cookery, everyone has a favorite method.

But experts agree on the following:

Vegetables should be cooked as quickly, and for as short a time as possible, so they are full of flavor and retain as much vitamin content as possible.

As little water as possible should be used, so the food value is retained in the vegetables, not in the cooking water.

Over-cooking is one of the worst faults in vegetable cookery. As well as destroying flavor and vitamin content, it will turn green vegetables an unattractive grey color, will take all the bright color from yellow vegetables, and make white vegetables grey and watery.

Photography by Garry Isaacs

CRUDITES**CRUDITES**

3 sticks celery
3 medium carrots
1 large cucumber
1 red pepper
1 green pepper
½ small cauliflower

470 g (15 oz.) can artichoke hearts
1 small bunch radishes
1 lemon
1 chicken stock cube

Wash vegetables. Cut celery into 5 cm (2 in.) strips. Peel carrots, slice diagonally or cut into strips. Cut cucumber into 1 cm (½ in.) slices. Cut peppers into 2.5 cm (1 in.) pieces. Break cauliflower into flowerettes. Drain artichokes. Leave radishes plain or cut into roses.

Squeeze lemon. Add the lemon juice to saucepan of boiling salted water and drop in the two lemon halves: add crumbled stock cube. Drop vegetables (except radishes and artichokes) individually into saucepan, boil two minutes, remove from pan.

Serve with Blue Cheese Sauce for dipping. These make an unusual, fresh-tasting first course for a summer meal.

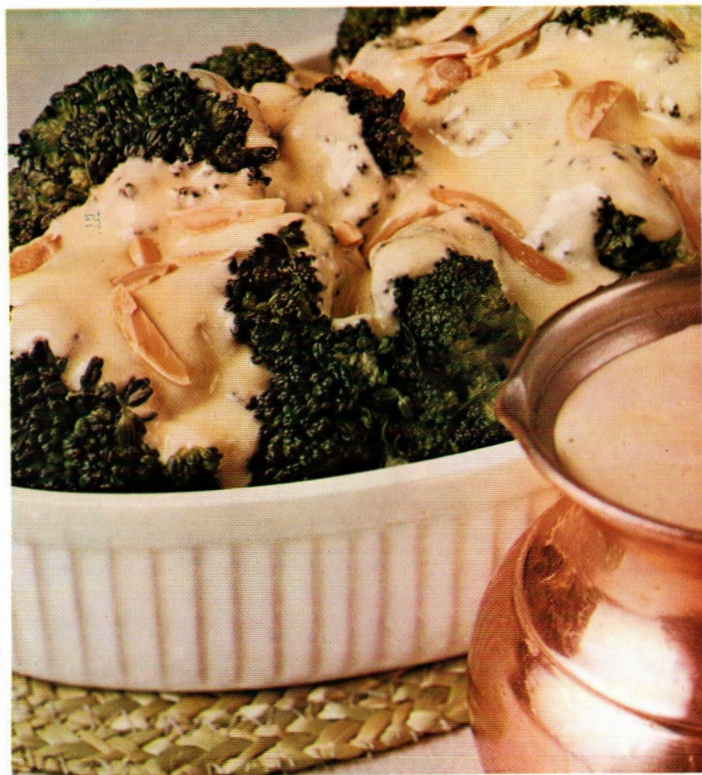
BLUE CHEESE SAUCE

60 g (2 oz.) butter
1 tablespoon grated onion
1 small clove garlic
2 tablespoons flour
¾ cup milk

½ cup cream
125 g (4 oz.) cheddar cheese
60 g (2 oz.) blue vein cheese
2 teaspoons lemon juice
salt, pepper

Melt butter in saucepan, saute onion and crushed garlic until onion is transparent, add flour and stir over heat 1 minute.

Remove from heat, gradually add milk and cream. Return to heat, stir until mixture boils and thickens. Grate cheeses, add to slightly cooled sauce, stir until cheese has melted. Add lemon juice, season with salt and pepper.

BROCCOLI WITH LEMON SAUCE**BROCCOLI WITH LEMON SAUCE**

500 g (1 lb.) broccoli
 30 g (1 oz.) butter
 2 teaspoons flour
 salt, pepper
 1 cup cream

2 egg-yolks
 1½ tablespoons lemon juice
 30 g (1 oz.) toasted slivered
 almonds

Wash broccoli, trim off stalk ends and coarse outer leaves. Cook in boiling salted water 10 to 12 minutes until broccoli is tender but still crisp; keep hot. Melt half butter in saucepan, add flour and seasonings, stir until smooth. Cook 1 minute. Gradually add cream. Return to heat, stir until mixture boils. Remove from heat.

Beat egg-yolks, and lemon juice together. Slowly beat a little of the hot sauce into eggs, return to sauce in pan, stir in remaining butter.

Place cooked broccoli into shallow ovenproof dish, pour over the hot sauce. Garnish with almond slivers.

Serves 4.

CRUMBED MUSHROOMS**CRUMBED MUSHROOMS***(shown in picture)***500 g (1 lb.) mushrooms****1 small onion****salt, pepper****2 tablespoons dry sherry****90 g (3 oz.) butter****1 egg****packaged dry breadcrumbs**

Choose small mushrooms about the same size. Wash, trim off hard end of stems. Peel onion, chop finely, saute in 15 g (½ oz.) butter until transparent. Add whole mushrooms, salt, pepper, and dry sherry, simmer gently 5 to 8 minutes. Drain and cool. Dip in beaten egg, roll in breadcrumbs, fry quickly in remaining hot butter until crisp and golden brown.

Serves 4.

Note: These are also delicious to serve with drinks.

MUSHROOMS IN SOUR CREAM**250 g (8 oz.) mushrooms****60 g (2 oz.) butter****3 tablespoons flour****½ cup sour cream****30 g (1 oz.) cheddar cheese****salt, pepper****1 tablespoon chopped parsley**

Wash mushrooms, remove hard end of stalks; slice mushrooms thinly, saute in melted butter until tender; sprinkle flour over mushrooms, stir until smooth. Add sour cream, bring to boil, boil 2 minutes. Reduce heat, add grated cheese, salt and pepper, stir gently until cheese melts. Add parsley. Serve as a sauce with chops, steak etc.

RED CABBAGE



RED CABBAGE

½ red cabbage
 3 tablespoons sugar
 ½ cup white vinegar
 1 medium onion
 30 g (1 oz.) lard or butter
 60 g (2 oz.) bacon
 1 apple

¾ cup water
 6 peppercorns
 1 bayleaf
 4 whole cloves
 1 teaspoon salt
 pepper

Finely shred cabbage, discarding coarse outer leaves and hard core. Melt lard in large saucepan. Add chopped bacon and onion, saute until golden. Add sugar, cook over medium heat 1 minute.

Add shredded cabbage, vinegar, peeled and chopped apple; cover, simmer gently 10 minutes, turning occasionally. Stir in water and seasonings. Cover, simmer gently a further 1½ hours. Remove cloves, peppercorns, bayleaf before serving.

Red cabbage is a traditional accompaniment to many German dishes; it is the perfect accompaniment to Rouladen (see Index).

Serves 4.

Note: This is also delicious served cold, as Red Cabbage Slaw (shown in picture). Prepare as above, cook 15 to 20 minutes only, after water is added; drain.

GLAZED CARROTS AND ONIONS



GLAZED CARROTS AND ONIONS

500 g (1 lb.) carrots

3 small onions

salt, pepper

1 tablespoon brown sugar

2 teaspoons cornflour

3 tablespoons water

90 g (3 oz.) butter

1½ tablespoons lemon juice

Peel carrots, cut diagonally into 1 cm (½ in.) slices. Peel and slice onions. Combine carrots, onions, salt and pepper in saucepan, cover with water, boil 10 minutes. Drain, keep hot.

Blend brown sugar, cornflour, the 3 tablespoons water, butter and lemon juice in saucepan, stir over low heat until mixture boils and thickens. Pour over carrots and onions. Toss lightly to combine.

Serves 4 to 6.

GINGERED ORANGE CARROTS

500 g (1 lb.) carrots

1 tablespoon finely-shredded

orange rind

2 teaspoons chopped green

ginger

30 g (1 oz.) butter

1 teaspoon brown sugar

2 teaspoons cornflour

¾ cup orange juice

salt, pepper

Peel carrots, cut into match-stick strips. Drop finely-shredded orange rind into small saucepan of boiling water, boil 3 minutes. Drain.

Melt butter, add green ginger, saute gently 2 minutes. Remove from heat, add brown sugar, cornflour, orange juice and rind, salt and pepper. Stir over heat until mixture boils and thickens. Add carrots. Cover and simmer 15 to 20 minutes or until carrots are tender. Stir occasionally.

Serves 4 to 6.

POTATO SCALLOPS



750 g (1½ lb.) large old
potatoes
2 cups self-raising flour
1 teaspoon salt

¼ teaspoon pepper
1¾ cups water
oil for deep-frying
extra flour

Peel potatoes, cut into very thin slices; dry well. Sift flour, salt, pepper into bowl, make a well in centre, gradually add water, mixing to a fairly thick coating batter; beat until smooth and free of lumps.

Coat potato slices with extra flour, dip into prepared batter, then deep-fry until lightly golden; remove from oil, drain on absorbent paper.

Refry in very hot oil until rich golden brown; drain on absorbent paper, sprinkle with salt.

VEGETABLES VINAIGRETTE

This is another excellent first course, or salad accompaniment to summer meals. The vegetables can be fresh or canned, or a combination of both. Fresh vegetables could be celery, red and green peppers, carrots, cauliflower. Separate cauliflower into flowerettes, cut celery in diagonal pieces, scrape carrots and cut into strips, slice peppers finely. Cook each fresh vegetable separately in boiling water for 2 minutes; drain. Combine with any of the following; canned artichoke hearts, black or green olives, cucumber cut into small strips, small canned mushrooms, any of the canned beans. Toss each in bottled french or italian dressing; place each vegetable separately on platter for serving, so that guests help themselves.

CHINESE-STYLE VEGETABLES**CHINESE-STYLE VEGETABLES**

$\frac{1}{4}$ cup oil	500 g (1 lb.) beans
1 tablespoon finely-chopped green ginger	5 sticks celery
3 medium onions	1 red pepper
250 g (8 oz.) carrots	1 green pepper
$\frac{1}{2}$ medium cauliflower	250 g (8 oz.) zucchini
1 cup water	$\frac{1}{2}$ medium cabbage
2 chicken stock cubes	10 shallots or spring onions

Peel and quarter onions; peel and finely slice carrots; break cauliflower into flowerettes. String and diagonally slice beans and celery. Cut peppers into 2.5 cm (1 in.) squares. Wash and thinly slice zucchini; finely shred cabbage; peel shallots, chop half the shallots; finely slice the remaining half diagonally for garnishing.

Place oil in wok or large frying pan, add ginger, onion, carrots and cauliflower, heat gently to coat all vegetables with oil; add water and crumbled stock cubes, bring to boil, cover and allow to cook 3 to 4 minutes. Uncover, add beans, celery, peppers, zucchini and chopped shallots; cover, and allow to steam until vegetables are just cooked; stir occasionally.

Uncover, place cabbage over top of vegetables; steam, covered, again for a further 3 to 4 minutes. Serve garnished with sliced shallots.

Serves 8 to 10.

CRISP POTATO BALLS**CRISP POTATO BALLS****1 kg (2 lb.) potatoes****60 g (2 oz.) butter****3 rashers bacon****4 shallots****125 g (4 oz.) cheddar cheese****30 g (1 oz.) grated parmesan
cheese****salt, pepper****2 eggs****½ cup milk****packaged dry breadcrumbs****oil for deep-frying**

Peel potatoes, cook in salted water until tender; drain well. Heat butter in pan, add finely-chopped bacon, fry until crisp. Mash potatoes well, add bacon, and butter in which bacon has been cooked; add chopped shallots, grated cheddar cheese and parmesan cheese, mix well. Season with salt and pepper.

Take tablespoonfuls of potato mixture, roll into balls with floured hands. Combine beaten eggs and milk. Coat potato balls in egg mixture, then roll in breadcrumbs. Repeat egg-and-bread-crumbing to give a firm coating. Place a few balls at a time in deep hot oil, fry until golden brown. Drain well.

Serves 4 to 6.

STUFFED GREEN PEPPERS**STUFFED GREEN PEPPERS**

4 green peppers
1 cup long-grain rice
90 g (3 oz.) butter
1 onion
1 clove garlic
salt, pepper

3 medium tomatoes
2 tablespoons chopped parsley
2 tablespoons grated parmesan cheese
60 g (2 oz.) cheese
1 teaspoon curry powder

Slice peppers in half lengthwise. Drop into boiling salted water for 2 minutes, remove and drain well. Cook rice in boiling salted water 12 minutes or until tender; drain well.

Melt butter in pan, gently saute peeled and finely-chopped onion and crushed garlic until onion is transparent. Skin and chop tomatoes, add to pan, season with salt and pepper, simmer gently 5 minutes. Remove from heat, add to cooked rice with parsley, mix well. Spoon rice filling into peppers, place onto lightly-greased oven tray.

Combine parmesan cheese with finely-grated cheese and curry powder, mix well. Spoon cheese mixture on top of each pepper half. Bake in moderate oven 15 to 20 minutes, or until cheese is golden. Serve with salad.

Serves 4.

TOMATO FLAN



TOMATO FLAN

PASTRY

1 cup plain flour
pinch salt
90 g (3 oz.) butter

1 egg-yolk
1 tablespoon lemon juice

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Mix to a firm dough with lightly-beaten egg-yolk and lemon juice; add one to two teaspoons of water, if necessary. Turn pastry on to lightly-floured surface, knead lightly. Roll out to line base and sides of greased 23 cm (9 in.) flan tin. Refrigerate 1 hour.

FILLING

30 g (1 oz.) butter
2 medium onions
3 sticks celery
500 g (1 lb.) tomatoes
salt, pepper
1 clove garlic
1 teaspoon sugar

2 eggs
1 cup cream
1 tablespoon grated parmesan cheese
¼ teaspoon worcestershire sauce
pinch nutmeg

Melt butter in pan, gently saute peeled and finely-chopped onion and celery until onion is transparent. Skin and chop tomatoes, add to pan, season with salt and pepper, add crushed garlic and sugar. Bring to boil, reduce heat, simmer uncovered 30 to 35 minutes, or until tomato mixture has thickened and is quite dry; allow to cool. Place flan on oven tray.

Combine lightly-beaten eggs, cream, parmesan cheese, worcestershire sauce and nutmeg, mix well. Spoon cooled tomato filling evenly into pastry case, gently pour over egg mixture.

Bake in moderately-hot oven 10 minutes, reduce heat to moderately slow, cook further 20 to 25 minutes, or until set.

Serves 6.

SPINACH FLORENTINE**SPINACH FLORENTINE**

1 large bunch spinach (or 2
315 g (10 oz.) pkts frozen
spinach)
¼ cup milk
4 eggs
½ cup cream

¼ teaspoon nutmeg
salt, pepper
1 cup rice
125 g (4 oz.) cheddar cheese
30 g (1 oz.) grated parmesan
cheese

Cook rice in large saucepan of boiling salted water 10 minutes; drain. Wash spinach leaves, remove stalks. Cut into rough pieces. Cook in small amount of boiling salted water 5 minutes or until leaves are soft (or thaw frozen spinach). Drain well, season with salt and pepper. Place half the spinach mixture in large, greased ovenproof dish.

Cover with the rice; sprinkle over three-quarters of the grated cheddar cheese; top evenly with remaining spinach.

Beat eggs well, add cream, nutmeg, salt and pepper. Heat milk almost to boiling. Gently pour into beaten eggs, stirring well. Gently pour egg mixture over spinach. Sprinkle with combined remaining cheddar cheese and parmesan cheese.

Place in baking dish with water coming half-way up sides of ovenproof dish. Bake in moderately slow oven 30 to 35 minutes, until set and top is golden brown.

Serves 4.

CHEESE-CRUMBED ZUCCHINI

500 g (1 lb.) zucchini
 2 chicken stock cubes
 2 cups fresh breadcrumbs
 60 g (2 oz.) butter

3 tablespoons chopped chives
 or parsley
 ½ teaspoon oregano
 60 g (2 oz.) grated cheese
 salt, pepper

Wash zucchini, trim ends, but leave whole. Drop into boiling salted water with crumbed stock cubes added. Cook 6 to 7 minutes until tender, but still crisp. Place into shallow oven-proof dish. Sprinkle with salt and pepper.

Melt butter in pan add breadcrumbs, chives and oregano, stir over heat until crisp and golden brown. Remove from heat, add cheese, mix until combined. Sprinkle over zucchini. Bake uncovered, in moderate oven 10 to 15 minutes.

Serves 4 to 6.

GINGER ZUCCHINI

500 g (1 lb.) zucchini
 60 g (2 oz.) butter
 2.5 cm (1 in.) piece green
 ginger

2 tablespoons chopped parsley
 salt, pepper

Peel and slice zucchini and ginger. Melt butter in saucepan, add zucchini, ginger, salt and pepper. Cook over low heat 8 to 10 minutes, stirring occasionally. Stir in finely-chopped parsley.

Serves 4.

Note: For low calorie diets, prepare zucchini and ginger as above. place in saucepan, just cover with cold water. Bring to boil, boil 5 minutes or until tender. Drain, season with salt and pepper, sprinkle with parsley.

VEGETABLE CHOP SUEY**VEGETABLE CHOP SUEY****1 small cabbage****3 sticks celery****1 onion****3 carrots****125 g (4 oz.) beans****125 g (4 oz.) mushrooms****500 g (16 oz.) can bean sprouts****salt, pepper****2 tablespoons oil**

Wash mushrooms, trim stems, cut into thick slices. Shred cabbage, slice celery, carrots and beans into even pieces; peel and chop onion.

Heat oil in large pan, add cabbage, celery, carrots, beans and onion. Saute until just tender and still crisp; season with salt and pepper. Add drained sprouts and mushrooms, continue cooking until mushrooms are just tender. Serve with brown rice.

Serves 4.

CREAMY POTATO BAKE**CREAMY POTATO BAKE***(shown in picture)***500 g (1 lb.) potatoes****30 g (1 oz.) butter****¼ cup milk****125 g (4 oz.) packaged cream
cheese****1 onion****1 egg****salt, pepper****paprika**

Peel potatoes, cook in boiling salted water until tender, drain. Mash potatoes with half the butter and all the milk.

Beat cheese until soft, add egg, chopped onion, potatoes, salt and pepper. Mix well. Place into ovenproof dish, dot with remaining butter, sprinkle with paprika. Bake in hot oven 25 minutes.

Serves 4.**PAPRIKA POTATOES****1 kg (2 lb.) potatoes****90 g (3 oz.) butter****4 shallots****salt, pepper****1 cup sour cream****2 tablespoons milk****1½ teaspoons paprika**

Wash and peel potatoes, dry, cut into 2.5 cm (1 in.) cubes. Heat butter in large frying pan, add potatoes, cover, cook over low heat, stirring occasionally, until potatoes are tender and pale golden brown. Add chopped shallots, cook a few minutes longer, season with salt and pepper.

Combine sour cream, milk and paprika, add to potatoes, stir lightly to blend. Heat gently without boiling.

Serves 4.

GERMAN POTATO PANCAKES**GERMAN POTATO PANCAKES***(shown in picture)*

$\frac{1}{4}$ cup self-raising flour	2 eggs
$1\frac{1}{2}$ teaspoons salt	1 tablespoon chopped parsley
pepper	500 g (1 lb.) potatoes
1 tablespoon grated onion	60 g (2 oz.) butter

Sift dry ingredients into bowl. Beat eggs well, add to dry ingredients with onion and parsley. Blend well. Wash, peel and grate potatoes. Put in cloth, squeeze out excess liquid. Add potatoes to egg mixture. Beat thoroughly with wooden spoon. Heat butter in frying pan.

Spoon about 2 tablespoons batter into pan, flatten slightly with spoon. Cook over medium heat until golden brown and crisp on one side. Turn carefully, brown on other side. Drain on absorbent paper.

Makes about 6.

POTATO CAKES

500 g (1 lb.) potatoes	1 egg
1 teaspoon salt	60 g (2 oz.) butter
$\frac{1}{4}$ cup self-raising flour	

Peel potatoes, cook until tender, drain, mash well, set aside until cold. Sift flour and salt. Add cold potato, mix well. Add sufficient beaten egg (about 2 teaspoons) to form mixture into a stiff dough. Turn on to floured board, divide in two.

Knead each half into a round, roll out to 5 mm ($\frac{1}{4}$ in.) in thickness. Cut each round into eight triangles. Saute in hot butter until golden brown on both sides, turning once. Serve hot with bacon or sausages or as a supper snack.

PICKLED BEETROOT



PICKLED BEETROOT

1 bunch beetroot

salt

water

1 cup brown malt vinegar

½ cup water

½ cup sugar

¼ teaspoon cinnamon

1 bayleaf

2 whole cloves

4 peppercorns

Wash beetroot well, cook in salted water until tender, or until skins are easily removed, approximately 45 minutes, depending on size.

Combine remaining ingredients in separate saucepan, bring to boil, lower heat, simmer 15 minutes; cool. Peel beetroot; leave whole, or slice; pack into hot sterilised jars. Strain vinegar, pour over beetroot. Seal.

Note: Beetroot, because of its high sugar content, ferments easily, so this type of pickle is best made in the small quantities suggested, and used as soon as possible.

JELLIED BEETROOT

(shown in picture)

Make Pickled Beetroot, as above. Cut peeled beetroot into large dice. Arrange in oiled bowl or mould, about 3-cup capacity. Take 1 cup of the pickling liquid, add 1 tablespoon gelatine; stir over low heat until gelatine dissolves. Pour over beetroot. Refrigerate until set. Unmould carefully.

HERB-CRUSTED CAULIFLOWER**HERB-CRUSTED CAULIFLOWER**

½ cauliflower	salt, pepper
2 cups fresh breadcrumbs	2 eggs
½ teaspoon mixed herbs	4 tablespoons milk
¼ teaspoon oregano	oil for deep frying
60 g (2 oz.) grated cheese	

Trim cauliflower, remove outer green leaves and core. Cut into flowerettes. Drop flowerettes into boiling salted water, return water to boil, boil 2 minutes. Drain, cool.

When cold, dip into combined beaten eggs and milk, then roll in combined breadcrumbs, herbs, oregano, cheese, salt and pepper.

Deep-fry in hot oil, a few at a time, so heat of oil does not decrease. Fry until golden brown. Drain on absorbent paper.

Serves 4 to 6.

STUFFED ARTICHOKE



STUFFED ARTICHOKE

4 artichokes
2 lemons

2 chicken stock cubes
water

Remove stalk from artichoke, cutting across base with sharp knife. Slice top off 1 cm ($\frac{1}{2}$ in.) from top. Trim outer leaves with scissors 1 cm ($\frac{1}{2}$ in.) from tips. Rinse under cold water. Cut lemon into slices 1 cm ($\frac{1}{2}$ in.) thick. Place at base of artichoke, attach lemon to artichoke with string tied vertically. Place into boiling salted water with left-over lemon slices and chicken stock cubes. Cover, reduce heat, simmer 15 to 20 minutes until leaves can be pulled out easily. Remove from pan, turn upside down to drain. Remove string and lemon.

FILLING

60 g (2 oz.) butter
1 medium onion
1 clove garlic
2½ cups fresh breadcrumbs
60 g (2 oz.) can anchovy fillets
3 tablespoons finely-chopped
parsley

$\frac{3}{4}$ cup sour cream
1 tablespoon grated onion
salt, pepper
1 teaspoon grated lemon rind
 $\frac{1}{2}$ cup grated parmesan
cheese

Melt butter in frying pan, add peeled and chopped onion, and crushed garlic, saute until onion is tender, add 2 cups breadcrumbs, stir constantly over low heat until breadcrumbs turn golden brown, remove from heat. Add drained, finely chopped anchovy fillets, parsley, salt and pepper.

Pull leaves gently away from top of artichokes so that the centre is showing. Spoon breadcrumb mixture into centre of artichokes; spoon over combined sour cream, grated onion and lemon rind. Top with remaining $\frac{1}{2}$ cup breadcrumbs and parmesan cheese. Stand artichokes in 2.5 cm (1 in.) of water in baking dish, bake in moderate oven 15 minutes or until tops are golden brown.

Serves 4.

FRIED ONION RINGS**FRIED ONION RINGS**

4 onions
1 cup plain flour
1 cup milk

1 egg
salt, pepper
oil for frying

Peel onions, slice thinly. Separate into rings. Put into bowl, add milk, let stand 1 hour. Drain, reserve milk. Sift flour into bowl, add egg, reserved milk, salt and pepper; beat well to a smooth batter.

Dip each onion ring into batter, deep-fry in hot oil, a few rings at a time, so that heat of oil does not decrease. Fry until golden brown. Drain well. Sprinkle with salt.

Serves 4.

RATATOUILLE

2 tablespoons oil
2 onions
2 cloves garlic
500 g (1 lb.) zucchini

1 medium eggplant
500 g (1 lb.) tomatoes
salt, pepper

Heat oil in large pan, add sliced onions, crushed garlic, sliced zucchini and cubed eggplant. Cook over medium heat 12 minutes. Add peeled and chopped tomatoes, season with salt and pepper; cook further 10 minutes or until vegetables are tender.

Serves 4 to 6.

TOMATO CASSEROLE**TOMATO CASSEROLE**

750 g (1½ lb) firm tomatoes
2½ cups fresh breadcrumbs
60 g (2 oz.) butter

1 teaspoon basil
salt, pepper
30 g (1 oz.) cheese

Melt butter in a large frying pan, add breadcrumbs, basil, salt and pepper. Stir over heat until breadcrumbs are crisp and golden brown. Remove from heat, add grated cheese, mix until cheese has melted and is well combined through breadcrumbs.

Peel and thickly slice tomatoes. Place one layer of tomatoes in greased ovenproof dish. Sprinkle tomatoes with salt and pepper, cover with half the breadcrumbs, repeat layers, finishing with a layer of breadcrumbs on the top. Bake, uncovered, in moderate oven 25 minutes.

Serves 4 to 6.

*(shown in picture)***CURRIED CABBAGE**

½ small cabbage
60 g (2 oz.) butter
2 onions

2 rashers bacon
2 teaspoons curry powder
salt, pepper

Remove coarse outer leaves from cabbage, cut out hard core. Wash leaves thoroughly, slice finely. Heat butter in pan, add sliced onions, chopped bacon and curry powder. Saute until onion is transparent and bacon crisp.

Drop cabbage into saucepan of boiling salted water, return water to boil, reduce heat, simmer 3 to 5 minutes, until cabbage is tender, remove from heat. Drain well. Toss bacon and onion through cabbage, season with salt and pepper.

Serves 4.

PRUNE-AND-BACON CABBAGE

½ small cabbage
4 bacon rashers
90 g (3 oz.) prunes

2 sticks celery
2 tablespoons water
salt, pepper

Finely shred cabbage, discarding outer leaves and hard core. Pit and roughly chop prunes, chop bacon and celery. Saute bacon and prunes until bacon is crisp, add celery, cook further 2 minutes.

While pan is hot and still over heat, add water and, before steam rises, drop in cabbage. Reduce heat, cover with tightly fitting lid, cook 3 to 5 minutes, until cabbage is just tender. Mix bacon mixture through cabbage, cook a further 1 to 2 minutes. Season with salt and pepper.

Serves 4.

VEGETABLE CROQUETTES



VEGETABLE CROQUETTES

500 g (1 lb.) potatoes

1 large carrot

1 large parsnip

1 stick celery

315 g (10 oz.) can soy beans

1 cup water

30 g (1 oz.) butter

salt, pepper

2 eggs

2 tablespoons milk

packaged dry breadcrumbs

oil for deep-frying

Peel and quarter potatoes. Cook in salted water until tender. Drain well. Mash.

Peel carrot and parsnip, chop finely. Place carrot, parsnip, undrained soy beans and water into saucepan; cover, bring to boil, reduce heat, simmer 15 minutes or until vegetables are very tender and all liquid is evaporated. Mash lightly.

Place potatoes, vegetables and finely-chopped celery into bowl, add butter, season with salt and pepper. Mix well. Cover, refrigerate until mixture is cold. When cold take tablespoonfuls of mixture, shape into croquettes, dip into combined beaten eggs and milk, then into breadcrumbs. Repeat egg-and-breadcrumbing to give a crisp, firm coating. Place into deep, hot oil, cook until golden brown. Drain on absorbent paper.

Makes about 10.

MALAYSIAN PICKLED VEGETABLES**MALAYSIAN PICKLED VEGETABLES****¼ small cauliflower****6 green or red chillies****250 g (8 oz.) carrots****2 cucumbers****2 onions****2.5 cm (1 in.) piece green****ginger****1 whole knob garlic****2 tablespoons oil****1 cup white vinegar****1 cup water****4 tablespoons sugar****1 teaspoon turmeric****1 teaspoon salt****1 teaspoon mustard seeds**

Wash cauliflower, separate into flowerettes. Cut chillies in half lengthways, remove seeds, slice finely. Peel carrots; cut carrots and cucumbers into thin strips, about twice the length and width of matchsticks.

Peel onions, cut into quarters; thinly slice ginger; peel the garlic cloves, leave them whole.

Heat oil in pan, fry onions and ginger 3 to 4 minutes. Add garlic, vinegar, water, sugar, turmeric, salt and mustard seeds, bring to boil, stirring. Add all vegetables, stir until mixture comes to boil, remove from heat, allow to cool.

The pickles are better if made the day before they are used.

FRIED CHOKO STRIPS**FRIED CHOKO STRIPS**

¾ cup self raising flour
 ⅓ cup ground rice.
 ¾ teaspoon salt
 ¼ teaspoon turmeric

½ cup water
 2 chokoes
 oil for deep-frying

Sift flour, ground rice, salt and turmeric into bowl, gradually add water, mix to a smooth batter. Peel chokoes, cut into long thin strips. Just before serving, dip choko strips into batter, put in deep hot oil, fry until golden brown. (Make sure chokoes are cut into thin strips or they will not cook through when deep-frying.) Drain on absorbent paper. Serve with Cream Sauce.

Serves 4.

CREAM SAUCE

60 g (2 oz.) butter
 3 tablespoons flour
 1 cup water
 1 chicken stock cube
 ½ cup sour cream

½ teaspoon prepared mustard
 salt, pepper
 1 tablespoon chopped parsley
 ½ stick celery

Heat butter in pan, add flour, stir until combined; remove from heat. Gradually add water and sour cream, stir until combined. Add crumbled stock cube, mustard, and finely-chopped celery.

Return to heat, stir until sauce boils and thickens; reduce heat, simmer uncovered 2 minutes. Season with salt and pepper. Add chopped parsley, stir until combined. Serve hot.